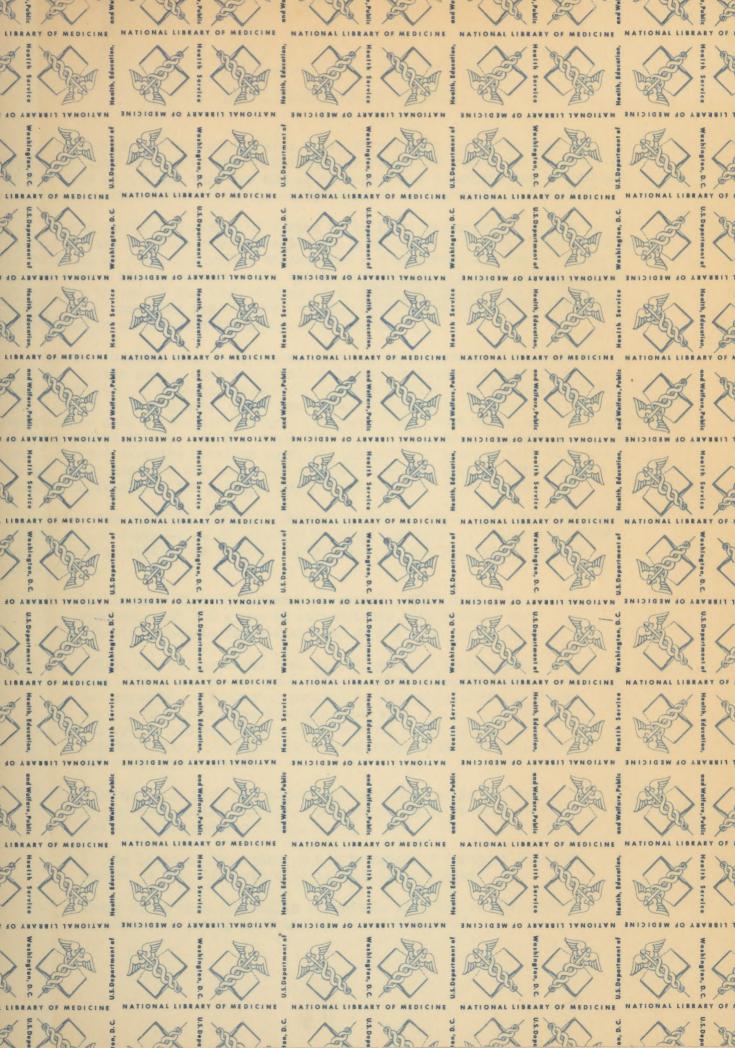
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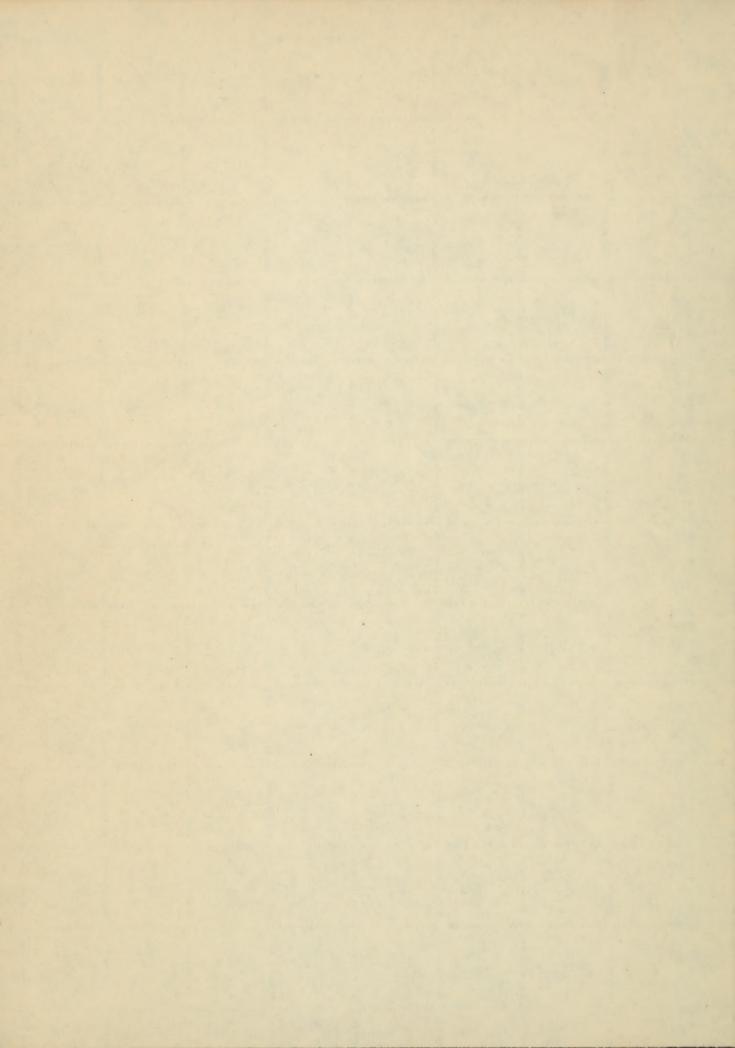
> ILLINOIS, DEPT. OF PUBLIC HEALTH DENTAL CARIES CONTROL BY DIET

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Illinois. Dept of PublicHealth

DENTAL CARIES CONTROL BY DIET

It has been demonstrated that a close correlation exists between the number of lactobacilli in the saliva and the degree of dental caries activity. It has also been found that the number of these oral organisms can be reduced and dental caries arrested by the restriction of carbohydrate in the diet.

In the dietary treatment of caries it is first necessary to determine the patient's lactobacillus count by culturing a specimen of saliva. The specimen is obtained by chewing a pellet of paraffin and expectorating the stimulated saliva into a sterile bottle. The bottle and information card may be obtained by writing to one of the laboratories of the Illinois Department of Public Health. The specimens are cultured and the count is reported to the dentist as the number of lactobacilli per c.c. of saliva.

If the count is 10,000 or higher Diet (I) is prescribed for a two week period. At the end of that time another saliva specimen is sent to the laboratory and the patient immediately changes to Diet (II) without waiting for a report of his count. After two weeks on Diet (II) another saliva specimen is sent to the laboratory. Ordinarily the count taken after the first dietary period is low. If the count taken after the second dietary period has not increased over the previous test, the patient may proceed with Diet III. On the other hand, if the count has gone up following Diet II the patient remains on this diet for a longer period and does not change to Diet III.

After two weeks on Diet III another culture is taken, and if the count is still low the restriction of sugar is no longer necessary. Periodic checks may be made thereafter in order to determine the need for future dietary direction.

- PLAN I Preliminary dietary period (two weeks). This diet contains approximately 100 grams of carbohydrate with protein and calories adequate for the age and activity of the patient.
- PLAN II Select any of the foods from diet Plan I and include whole wheat bread not to exceed 6 slices. Also increase fruits and vegetables (including potato) to desirable amounts, being certain that none have been prepared with sugar. That is, all fruits and vegetables eaten must be fresh or canned without sugar. Commercially canned vegetables (except peas and corn) may be used.
- PLAN III Continue diet Plan II, adding as much sugar as is desirable at one meal during the day. This sugar is to be taken with the meal--not between meals.

If the lactobacillus count has not increased during a two-week period on Plan III, the diet is then unrestricted.

These diets were planned in accordance with the nutritional requirements set up by National Research Council.

It has been demonstrated that a close correlation exists between the mumber of lactobacilla in the saliva and the dagree of dental carries activity. It has also been found that the number of these oral organisms can be evaluated for has also been found that the restriction of cerbongdrate in the dist.

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After two weaks on Diet III another culture is taken, and if the count is still low the restriction of sugar is no longer necessary. Periodic checks may be made thereafter in order to determine the need for future distany direction.

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PLAN III Continue dist Plan II, adding as much sugar as is desirable at one meal during the day. It's sugar is to be taken with the meal--not between meals.

If the lactobacillus count has not increased during a two-week

Inactivities out the constraint of out the countries of

This diet contains approximately 53 grams protein, 72 grams fat and 98 grams carbohydrate. It yields approximately 1200 calories.

TOTAL DAILY FOOD INTAKE

1 pints whole milk

*2 eggs

*1 3/4 ounces meat, fish or poultry

1/4 cup puffed rice or puffed wheat

6 servings of fruit and vegetables. Your choice of fruits and vegetables should not include more than 1 serving of 12% and 1 serving of 15% carbohydrates in one day. During the first two-week period none of the foods classified in the 18 and 21% carbohydrate group should be included in diet. See list of fruits and vegetables classified according to their carbohydrate content. A serving of fruits and vegetables consists of one half cup cooked or three fourths cup raw.

*2 tablespoons butter or fortified margarine

*More than the indicated amounts of these foods may be used providing all of the food recommended is eaten during the day.

- 1. Plain unflavored gelatin (not jello), salt, flavoring extracts and vegetable colorings may be used as desired.
- 2. Saccharin may be used as a substitute for sugar. One-fourth grain has the sweetening value of one teaspoon of sugar. (Saccharin may be obtained in 1/4, 3/8, 1/2, and 1 grain tablets.)
- 3. Clear broth or bouillon may be used as desired. Soup may be made with cream, milk and vegetables as the dietary plan follows.
- 4. No foods prepared with sugar are allowed. Canned or frozen fruits must be prepared without sugar.
- 5. Salad dressings should be home prepared for commercial preparations usually contain some form of carbohydrate.
- 6. Do not use: Confections of any kind.
 Chewing gum.
 Beverages prepared with sugar similar to those served at fountains, and other soft drinks sold in bottles.
 (The use of sugar-coated pills and cough mixtures should be restricted where possible.)
 Catsup and chili sauce.

This dist contains approximately 53 grams.promeing. 72 grams late and 98 grams contains, it yields approximately 12000 colorisas.

POTAL DAILY FOOD INTAKE

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eg tablespoons butter or fordiffed margarine

food recommended is eaten during the day.

GENERAL DISTARY SUCCESTIONS

- eldstegev be estatin (not jelle), salt, flavoring extracts and vegetable
 - Sacobarin may be used as a substitute for sugar. One-fourth grain has the sweetening value of one teacheon of sugar. (Snotherin may be obtained in 1/4, 3/8, 4/2, and 1 grain tablets.).
- Clear broth or bonillow may be und as desired. Soup may be made with orsem,
 - No foods propered with sugar are allowed. Canned or frozen fruits much be propered without sugar.
- Salad dressings should be home prepared for commercial preparations usually "contain some form of embodydretes."
 - . Do not use: Confections of any rand.

Howards prepared with sugar similar to those served at fountains, and other soft drinks seld in potitios.
(The use of sugar-coated pills and cough mixtures should be resurricted where possible.)
Catsup and chili same.

This diet contains approximately 75 grams protein, 90 grams fat and 119 grams carbohydrate. It yields approximately 1600 calories.

TOTAL DAILY FOOD INTAKE

- 1 quart whole milk
- *2 eggs
- *31 ounces meat, fish or poultry
- 1/2 cup puffed rice or puffed wheat
- 7 servings of fruit or vegetables. Your choice of fruits and vegetables should not include more than 1 serving of 12% and 1 serving of 15% carbohydrates in one day. During the first two-week period none of the foods classified in the 18 or 21% carbohydrate group should be included in the diet. See list of fruits and vegetables classified according to their carbohydrate content. A serving of fruits and vegetables consists of one half cup cooked or three fourths cup raw.
- *2 tablespoons butter or fortified margarine.

- 1. Plain unflavored gelatin (not jello) salt, flavoring extracts and vegetable colorings may be used as desired.
- 2. Saccharin may be used as a substitute for sugar. One-fourth grain has the sweetening value of one teaspoon of sugar.
- 3. Clear broth or bouillon may be used as desired. Soup may be made with cream, milk and vegetables as the distary plan allows.
- 4. No foods prepared with sugar are allowed. Canned or frozen fruits must be prepared without sugar.
- 5. Salad dressings should be home prepared for commercial preparations usually contain some form of carbohydrate.
- 6. Do not use: Confections of any kind,
 Chewing gum.
 Beverages prepared with sugar similar to those served at
 fountains, and other soft drinks sold in bottles.
 (The use of sugar-coated pills and cough mixtures should
 be restricted where possible.)
- 7. The following foods are low in carbohydrates and may be eaten in moderate amounts if desired: Fresh mushrooms, olives, dill pickles.

^{*}More than the indicated amounts of these foods may be used providing all of the food recommended is eaten during the day.

This dict contains approximately 75 grams protein, 90 grams lat and 119 grams carbonydrate. It yields approximately 1600 calories.

TOTAL DALLY FOOD INTAKE

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I/2 our puffed rice or puffed wheat

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CEMERAL DIETARY SUCCESTIONS

- aldstagev been advantage and your jollo) salt, flavoring extracts and vegetable colorings may be used as desired.
 - 2. Sacobarin may be used as a substitute for sugar. One-fourth grain has the
- . Clear broth or bouillon may be used as destred. Soup may be made with oream,
 - h. No foods prepared with sugar are allowed. Conned or freesa fruits must be prepared without sugar.
 - 5. Soled dressings should be bone propered for commercial properations usually contain some form of carbohydrate.
 - 6. Do not use: Confections of any kind, Charing gum.

Boverages propered with sugar similar to those served at fournalms, and other soft drade sold in bottles.

(The one of sugar-con od pills and cough sixtures should be restricted where possible.)

It following foods are low in carbohydrates and may be catum in moderate

LOW CARBOHYDRATE DIET--PLAN I For 7-9 year old child

This diet contains approximately 86 grams protein, 126 grams fat and 120 grams carbohydrate. It yields approximately 2000 calories.

TOTAL DAILY FOOD INTAKE

l quart whole milk

*2 eggs

*4 ounces meat, fish, or poultry

*1 oz. cheese and/or $\frac{1}{4}$ cup cream (Approximately 20% butterfat)

1 cup puffed rice or puffed wheat

7 servings fruit or vegetable. Your choice of fruits and vegetables should not include more than 1 serving of 12% and 1 serving of 15% carbohydrates in one day. During the first two-week period none of the foods classified in the 18 and 21% carbohydrate group should be included in diet. See list of fruits and vegetables classified according to their carbohydrate content. A serving of fruits and vegetables consists of one half cup cooked or three fourths cup raw.

*4 tablespoons butter or fortified margarine.

*More than the indicated amounts of these foods may be used providing all of the food recommended is eaten during the day.

- 1. Coffee, tea, plain unflavored gelatin (not jello), salt, pepper, spices, dry mustard, vinegar, flavoring extracts and vegetable colorings may be used as desired. (Suggestions will be altered in relation to the age of the child.)
- 2. Saccharin may be used as a substitute for sugar. One-fourth grain has the sweetening value of one teaspoon of sugar.
- 3. Clear broth or bouillon may be used as desired. Soup may be made with cream, milk and vegetables as the dietary plan allows.
- 4. No foods prepared with sugar are allowed. Canned or frozen fruits must be prepared without sugar.
- 5. Salad dressings should be home prepared for commercial preparations usually contain some form of carbohydrate.
- 6. Do not use: Confections of any kind.
 Chewing gum.
 Beverages prepared with sugar similar to those served at fountains, and other soft drinks sold in bottles.
 (The use of sugar-coated pills and cough mixtures should be restricted where possible.)
- 7. The following foods are low in carbohydrates and may be eaten in moderate amounts if desired: Fresh mushrooms, olives, and dill pickles.

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LOW CARBOHYDRATE DIET--PLAN I
For Sedentary man, moderately active woman, pregnancy (latter half),
Child 10-12 and Girl 16-20 years old

This diet contains approximately 97 grams protein, 166 grams fat and 129 grams carbohydrate. It yields approximately 2500 calories.

TOTAL DAILY FOOD INTAKE

- l quart whole milk
- *2 eggs
- *2 strips bacon
- *5 ounces meat, fish or poultry
- *1 ounce cheese (if cheese is not eaten more cream must be added to diet)
- . *2 cup cream (approximately 20% butterfat)
 - 1 cup puffed rice or puffed wheat

7 servings of fruit and vegetables. Your choice of fruits and vegetables should not include more than 1 scrving of 12% and 1 serving 15% carbohydrates in one day. During the first two-week period none of the foods classified in the 18 and 21% carbohydrate group should be included in diet. See list of fruits and vegetables classified according to their carbohydrate content. A serving of fruits and vegetables consists of one half cup cooked or three fourths cup raw.

*4 tablespoons butter or fortified margarine.

*More than the indicated amounts of these foods may be used providing all of the food recommended is eaten during the day.

- 1. Coffee, tea, plain unflavored gelatin (not jello), salt, pepper, spices, dry mustard, vinegar, flavoring extracts and vegetables colorings may be used as desired. (Suggestions will be altered in relation to the age of the individual)
- 2. Saccharin may be used as a substitute for sugar. One-fourth grain has the sweetening value of one teaspoon of sugar.
- 3. Clear broth or bouillon may be used as desired. Soup may be made with cream, milk and vegetables as the dietary plan allows.
- 4. No foods prepared with sugar are allowed. Canned or frozen fruits must be prepared without sugar.
- 5. Salad dressings should be home prepared for commercial preparations usually contain some form of carbohydrate.
- 6. Do not use: Confections of any kind.
 Chewing gum.
 Boverages prepared with sugar similar to those served at fountains, and other soft drinks sold in bottles.



(The use of sugar-coated pills and cough mixtures should be restricted where possible.)

7. The following foods are low in carbohydrates and may be eaten in moderate amounts if desired: Fresh mushrooms, olives, and dill pickles.



LOW CARBOHYDRATE DIET--PLAN I For 13-15 year old girl

This diet contains approximately 132 grams protein, 198 grams fat and 124 grams carbohydrate. It yields approximately 2800 calories.

TOTAL DAILY FOOD INTAKE

1 quart whole milk

*2 eggs

*2 strips bacon

*9 ounces meat, fish or poultry

*l ounce cheese (if cheese is not used more cream must be added to diet)

*2 c. cream (approximately 20% butterfat)

2 c. puffed rice or puffed wheat

7 servings fruit or vegetables. Your choice of fruits and vegetables should not include more than 1 serving of 12% and 1 serving of 15% carbohydrates in one day. During the first two-week period none of the foods classified in the 18 and 21% carbohydrate group should be included in diet. See list of fruits and vegetables classified according to their carbohydrate content. A serving of fruits and vegetables consists of one half cup cooked or three fourths cup raw.

*5 tablespoons butter or fortified margarine.

*More than the indicated amounts of these foods may be used providing all of the food recommended is eaten during the day.

- 1. Coffee, tea, plain unflavored gelatin (no jello), salt, pepper, spices, dry mustard, vinegar, flavoring extracts and vegetable colorings may be used as desired. (Suggestions will be altered in relation to the age of the individual.)
- 2. Saccharin may be used as a substitute for sugar. One-fourth grain has the sweetening value of one teaspoon of sugar.
- 3. Clear broth or bouillon may be used as desired. Soup may be made with cream, milk, and vegetables as the dietary plan allows.
- 4. No foods prepared with sugar are allowed. Canned or frozen fruits must be prepared without sugar.
- 5. Salad dressings should be home prepared for commercial preparations usually contain some form of carbohydrate.
- 6. Do not use: Confections of any kind.
 Chewing gum.
 Beverages prepared with sugar similar to those served at fountains, and other soft drinks sold in bottles.
 (The use of sugar-coated pills and cough mixtures should be restricted where possible.)
- 7. The following foods are low in carbohydrates and may be eaten in moderate amounts if desired: Fresh mushrooms, olives, and dill pickles.

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This diet contains approximately 140 grams protein, 203 grams fat and 133 grams carbohydrate. It yields approximately 3000 calories.

TOTAL DAILY FOOD INTAKE

1 quart whole milk

*2 eggs

*2 strips of bacon

*10 ounces meat, fish or poultry

*l oz. cheese (if cheese is not used more cream must be added to diet)

*2 cup coffee cream (approximately 20% butterfat)

1 cup puffed rice or puffed wheat

7 servings fruit or vegetables. Your choice of fruits and vegetables should not include more than 1 serving of 12% and 1 serving of 15% carbohydrates in one day. During the first two-week period none of the foods classified in the 18 and 21% carbohydrate group should be included in diet. See list of fruits and vegetables classified according to their carbohydrate content. A serving of fruits and vegetables consists of one half cup cooked or three fourths cup raw.

*5 tablespoons butter or fortified margarine.

*More than the indicated amounts of these foods may be used providing all of the food recommended is eaten during the day.

- 1. Coffee, tea, plain unflavored gelatin (not jello), salt, pepper, spices, dry mustard, vinegar, flavoring extracts and vegetable colorings may be used as desired. (Suggestions will be altered in relation to the age of the individual.)
- 2. Saccharin may be used as a substitute for sugar. One-fourth grain has the sweetening value of one teaspoon of sugar.
- 3. Clear broth or bouillon may be used as desired. Soup may be made with cream, milk, and vegetables as the dictary plan allows.
- 4. No foods prepared with sugar are allowed. Canned or frozen fruits must be prepared without sugar.
- 5. Salad dressings should be home prepared for commercial preparations usually contain some form of carbohydrate.
- 6. Do not use: Confections of any kind.
 Chewing gum.
 Beverages prepared with sugar similar to those served at fountains, and other soft drinks sold in bottles.
 (The use of sugar-coated pills and cough mixtures should be restricted where possible.)
- 7. The following foods are low in carbohydrates and may be eaten in moderate amounts if desired: Fresh mushrooms, olives, and dill pickles.

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LOW CARBOHYDRATE DIET--PLAN I For 13-15 year old boy

This diet contains approximately 162 grams protein, 233 grams fat and 134 grams carbohydrate. It yields approximately 3200 calories.

TOTAL DAILY FOOD INTAKE

1 quart whole milk

*2 eggs

*2 strips bacon

*12 ounces meat, fish or poultry

*2 ounces cheese (if cheese is not eaten more cream must be added to diet)

*2 cup coffee cream (approximately 20% butterfat)

1 cup puffed rice or puffed wheat

- 7 servings fruit or vegetables. Your choice of fruits and vegetables should not include more than 1 serving of 12% and 1 serving of 15% carbohydrates in one day. During the first two-week period none of the foods classified in the 18 and 21% carbohydrate group should be included in diet. See list of fruits and vegetables classified according to their carbohydrate content. A serving of fruits and vegetables consists of one half cup cooked or three fourths cup raw.
- *5 tablespoons butter or fortified margarine.

*More than the indicated amounts of these foods may be used providing all of the food recommended is eaten during the day.

- 1. Coffee, tea, plain unflavored gelatin (not jello), salt, pepper, spices, dry mustard, vinegar, flavoring extracts and vegetable colorings may be used as desired. (Suggestions will be altered in relation to the age of the individual.)
- 2. Saccharin may be used as a substitute for sugar. One-fourth grain has the sweetening value of one teaspoon of sugar.
- 3. Clear broth or bouillon may be used as desired. Soup may be made with cream, milk and vegetables as the dietary plan allows.
- 4. No foods prepared with sugar are allowed. Canned or frozen fruits must be prepared without sugar.
- 5. Salad dressings should be home prepared for commercial preparations usually contain some form of carbohydrate.
- 6. Do not use: Confections of any kind.
 Chewing gum.
 Beverages prepared with sugar similar to those serve at fountains, and other soft drinks sold in bottles.
 (The use of sugar-coated pills and cough mixtures should be restricted where possible.)
- 7. The following foods are low in carbohydrates and may be eaten in moderate amounts if desired: Fresh mushrooms, olives, and dill pickles.

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LOW CAMBOHYDRATE DIET--PLAN I For 16-20 year old boy

This diet contains approximately 176 grams protein, 269 grams fat and 141 grams carbohydrate. It yields approximately 3800 calories.

TOTAL DAILY FOOD INTAKE

1 quart whole milk

*2 eggs

*3 stips bacon

*14 ounces meat, fish or poultry

*1 oz. cheese (if cheese is not eaten more cream must be added to diet)

*1 cup coffee cream (approximately 20% butterfat)

1 cup puffed rice or puffed wheat

9 servings fruit or vegetables. Your choice of fruits and vegetables should not include more than 1 serving of 12% and 1 serving of 15% carbohydrates in one day. During the first two-week period none of the foods classified in the 18 and 21% carbohydrate group should be included in the diet. See list of fruits and vegetables classified according to their carbohydrate content. A serving of fruits and vegetables consists of one half cup cooked or three fourths cup raw.

*6 tablespoons butter or fortified margarine.

*More than the indicated amounts of these foods may be used providing all of the food recommended is eaten during the day.

GENERAL DIETARY SUGGESTIONS

- 1. Coffee, tea, plain unflavored gelatin (not jello), salt, pepper, spices, dry mustard, vinegar, flavoring extracts and vegetable colorings may be used as desired. (Suggestions will be altered in relation to the age of the individual.)
- 2. Saccharin may be used as a substitute for sugar. One-fourth grain has the sweetening value of one teaspoon of sugar.
- 3. Clear broth or bouillon may be used as desired. Soup may be made with cream, milk and wegetables as the dietary plan allows.
- 4. No foods prepared with sugar are allowed. Canned or frozen fruits must be prepared without sugar.
- 5. Salad dressings should be home prepared for commercial preparations usually contain some form of carbohydrate.
- 6. Do not use: Confections of any kind.
 Chewing gum.
 Beverages prepared with sugar similar to those served at fountains, and other soft drinks sold in bottles.
 (The use of sugar-coated pills and cough mixtures should be restricted where possible.)
- 7. The following foods are low in carbohydrates and may be caten in moderate amounts if desired: Fresh mushrooms, olives, and dill pickles.

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Committee on Foods and Nutrition, CHART OF RECOMMENDED DAILY ALLOWANCES FOR SPECIFIC NUTRILINTS National Research Council

cal n (70Kg.) oderately act. 30 ery active 45	Protein Gms. 70	Gelcium Gms. 0.8	Iron Mgs.	(111)	Thismine (B ₁)(11) Mgs. 1.8 2.3	Ascorbi ecid (C) (11) Mgs. 75	VITAMINS c Ribo flavin Mgs. 2.7 3.3	Nicotin ic scid Mgs.	I.U.
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es can be met by a g	diet of	81 f	oods; thi	s will	also	provide other	minerals	and vita	vitamins,
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the requirements for which are less well known.

1 International equals 333 International Units: 1 mg. ascorbic acid equals Unit equals 1 U.S.P. unit). 20 International Units;

pre-vitamin carotene. 111 Requirements may be less than these amounts if provided as vitamin A, greater if chiefly as the

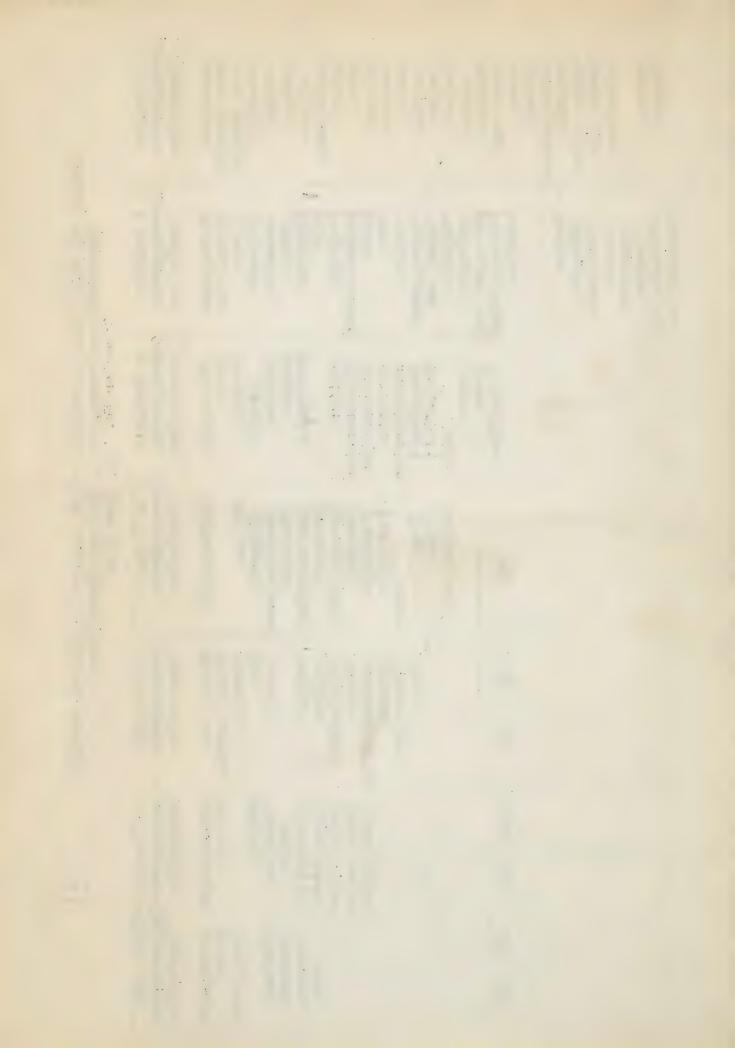
months. The amounts of protein and calcium needed are less if from breast milk.

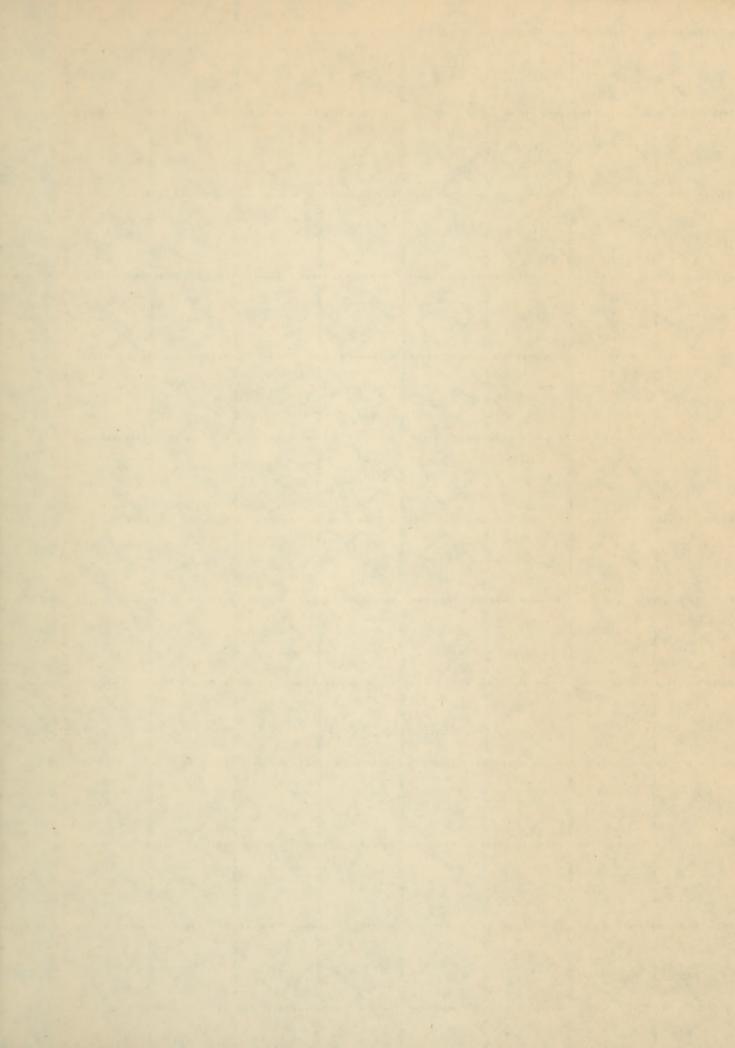
****Allowances are based on the middle age for each group (as 2,5,8,etc.), and for moderate activity. it should be provided probably up to the minimal amounts recommended for infants. **Vitamin D is undoubtedly necessary for older children and adults. Vhen not available from sunshine,

FRUITS AND VEGITABLES CLASSIFIED AS TO THEIR CARBOHYDRATE CONTENT Chatfield and Adams, U. S. Dept of Agriculture Circular No. 549, June 1940

Spinech Squesh, summer Tomatoes Tomato juice Turnip tops Watercress Fruits: Rhubarb	greens Radiahes Sauerkraut Sorrel	paregus en spro et gree occoli bbage bbage Chinese uliflow lery ard icory cumber dive cerole	3 Percent Carbohydrate Vegetables
Fruits: Melons- Cantaloupe Casaba Honeydew Spanish Watermelon Strawberries	Soybeans- green, shelled Squash, winter Turnips	es, was es was e	6 Percent Carbohydrate Vegetables
	Limes Tanger	Artichoke Beets Brussel- Sprouts Cerrots Onions Rutabages Fruits: Bluckber Currents Grapefru Grapefru	9 Percent Carbohydrate Vegetables
Symbol compress data as a so .	33		12 Percent Carbohydrate Vegetables
	6% 9%	PERHORPY SEE	15 Percent Carbohydrate Vegetables
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